

HIGH SCHOOL DIABETIC LUNCH MENU (Oct - Dec 2018)

Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Entrée	Entrée	Entrée	Entrée
Mama Lia's Pep 60g	Mama Lia's Pep 60g/Gourmet*	Mama Lia's Pep 60g	Mama Lia's Pep 60g/Gourmet*	Mama Lia's Pep 60g
Mama Lia's Cheese ^V 60g	Mama Lia's Cheese ^V 60g	Mama Lia's Cheese ^V 60g	Mama Lia's Cheese ^V 60g	Mama Lia's Cheese ^V 60g
Spicy Chicken Sandwich 40g	Spicy Chicken Sandwich 40g	Spicy Chicken Sandwich 40g	Spicy Chicken Sandwich 40g	Spicy Chicken Sandwich 40g
Chicken Tenders 13g w/ Crackers 14g	Buffalo Chicken Chunks 22g w/Crackers 14g	Chicken Tenders 13g w/ Crackers 14g	Buffalo Chicken Chunks 22g w/Crackers 14g	Chicken Tenders 13g w/ Crackers 14g
Cheeseburger 29g		Cheeseburger 29g		Cheeseburger 29g
	Pork Hot Link 35g		Rib-B-Q Sandwich 41g	
Grilled Cheese Sandwich 28g	Rotini w/ Meat Sauce 24g& Roll 20g	Cheese Enchilada w/ Green Sauce 43g	Rotini w/ Meat Sauce 24g& Roll 20g	Buffalo Drumsticks w/rice 59g
Chili Cheese Burrito 37g	Carnitas Bean/Cheese Chip Bowl 45g	Bean and Cheese Burrito^V 50g	BRC Burrito 84g	Chicken, Bean and Chip Bowl 66g
Habanero Nada 31g	Habanero Nada 31g	Habanero Nada 31g	Habanero Nada 31g	Habanero Nada 31g
General Tso Chicken Bowl 72g	Orange Chicken Bowl 72g		Teriyaki Chicken Bowl 63g	Sichuan Chicken Bowl 64g
Yogurt Parfait & Granola ^V 116g	Yogurt Parfait & Granola ^V	Yogurt Parfait & Granola ^V 116g	Yogurt Parfait & Granola ^V	Yogurt Parfait & Granola ^V
Yogurt & Granola ^V 83g	Yogurt & Granola ^V 83g	Yogurt & Granola ^V 83g	Yogurt & Granola ^V 83g	Yogurt & Granola ^V 83g
Uncrustable 56g	Uncrustable 56g	Uncrustable 56g	Uncrustable 56g	Uncrustable 56g
Combo Kaiser 32g	Turkey Grinder 38g	Combo Kaiser 32g	Ham(Turkey) & Chs Panini 30g	Combo Kaiser 32g
Chicken Ceasar Salad 35g	BLT-E Salad 35g	Baja Tostada Salad 48g	Chef Salad 38g	Asian Salad 55g
	Vegan Salad 73g		Vegan Salad 73g	
Veggie Salad 41g	Veggie Salad 41g	Veggie Salad 41g	Veggie Salad 41g	Veggie Salad 41g
			Hummus & Pita ^V 47g	
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Veg. Mix w/corn & lettuce cup 3g	Veg. Mix w/salad cup 5g	Veg. mix w/lettuce cup 3g	Veg. mix w/pinto beans 18g	Veg. mix w/lettuce cup 3g
Fruits	Fruits	Fruits	Fruits	Fruits
Fruit Mix	Fruit Mix	Fruit Mix	Fruit Mix	Fruit Mix
Juice Mix Wildberry, Fruit, Apple,	Juice Mix Wildberry, Fruit,	Juice Mix Wildberry, Fruit, Apple,	Juice Mix Wildberry, Fruit,	Juice Mix Wildberry, Fruit,
Chips	Chips	Chips	Chips	Chips
Chips - Cheddar & Sour Cream,	Chips - Cheddar & Sour Cream,	Chips - Cheddar & Sour Cream,	Chips - Cheddar & Sour Cream,	Chips - Cheddar & Sour Cream,
Milk	Milk	Milk	Milk	Milk
1 % White Milk 14g	1 % White Milk 14g	1 % White Milk 14g	1 % White Milk 14g	1 % White Milk 14g
Chocolate non-fat	Chocolate non-fat	Chocolate non-fat	Chocolate non-fat	Chocolate non-fat
Condiment Mix	Condiment Mix	Condiment Mix	Condiment Mix	Condiment Mix

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Veg Mix: Baby Carrots 8g, Carrots & Broccoli 5g, Celery Sticks 5g, Jalapenos 2g

Fruit Mix: Apples 15g, Oranges 15g, Bananas 27g, Raisins 30g

^V = Non Meat

Specials for the day